

FRUIT AND VEGETABLE SPRING TRAINING TIPS

Eat 9 servings of fruits and vegetables a day to stay healthy. These personal spring training tips have been designed to demonstrate just how easy it is to eat 9 A Day everyday.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	Fill your omelet or eggs with veggies like spinach, tomatoes, onions, peppers, and mushrooms.	Drink a glass of 100% juice with breakfast, such as orange or tomato juice.	Snack on raw veggies like broccoli, carrots, or celery with low-fat dip.	Eat at least 2 vegetables with dinner.	Add a banana or strawberries to your breakfast.	Have a salad with lunch.	Have a bowl of fresh fruit with breakfast.
WEEK 2	Bring baked tortilla chips with black bean and corn salsa to snack on at the game.	Make a fruit bowl a regular fixture on your desk at work.	Add canned garbanzo beans, kidney beans, and black beans to your salads.	Grab an apple, banana, plum, or other piece of fresh fruit on your way out the door in the morning.	Save time—buy some pre-cut fruit or salad in a bag.	Keep trail mix made with dried fruit on hand for a quick snack.	After working out, grab some refreshing fruit like oranges, watermelon, melon, pineapple chunks, or grapes to help re-hydrate your body.
WEEK 3	Cap off dinner with a fresh fruit salad for dessert.	Add vegetables like tomatoes, cucumbers, sprouts, or peppers to your favorite sandwich.	Eat salads more often and at any time of day—with lunch and dinner or as an appetizer when eating out.	Store cleaned and cut-up produce in the fridge at eye level. Keep your favorite low-fat dip on hand.	Make sure your take-out food has vegetables—order vegetable pizza, salads, soups, or stir-fried vegetables with steamed rice.	Add vegetable or bean soup to your meals.	One serving fits in the palm of your hand—eat larger portions of vegetables with meals to get 2 to 3 servings at a time.
WEEK 4	Add raisins, berries, or sliced fruit to your cereal, pancakes, or waffles.	Stash dried fruit in your glove compartment in case you get caught in traffic on the way home from work.	For an easy meal, have pasta marinara—tomato sauce counts! For extra points, add broccoli, mushrooms, onions, garlic, or peppers.	Place a bowl of easy-to-carry fruits on the counter for when you need a snack on the go, like apples, oranges, bananas, plums, nectarines, and grapes.	Choose entrées that contain lots of vegetables like stir-fried chicken with vegetables.	Add fresh or frozen veggies to your favorite pasta sauce or rice dish.	Choose beans, coleslaw, corn on the cob, or a side salad instead of French fries.